

a composition comprising (-)-hydroxycitric acid or a water-soluble salt of (-)-hydroxycitric acid as active ingredient.

11. The method of claim 9 wherein the active ingredient originates from an extract of garcinia pericarps containing (-)-hydroxycitric acid or a lactone form thereof, or a salt thereof.

12. The method of claim 10 wherein the active ingredient originates from an extract of garcinia pericarps containing (-)-hydroxycitric acid or a lactone form thereof, or a salt thereof.

13. The method according to claim 11, wherein the garcinia is Garcinia cambogia, Garcinia indica or Garcinia atroviridis.

14. The method according to claim 12, wherein the garcinia is Garcinia cambogia, Garcinia indica or Garcinia atroviridis.

15. The method according to claim 10 wherein the water-soluble salt of (-)-hydroxycitric acid is the sodium salt or the potassium salt.

16. The method according to claim 12, wherein the water-soluble salt of (-)-hydroxycitric acid is the sodium salt or the potassium salt.

17. A food composition for enhancing exercise endurance comprising a food and (-)-hydroxycitric acid or a lactone form thereof, or a salt thereof, as active ingredient.

18. A food composition for enhancing exercise endurance comprising a food and (-)-hydroxycitric acid or a water-soluble salt of (-)-hydroxycitric acid as active ingredient.

19. The food composition of claim 17, wherein the active ingredient originates from an extract of garcinia pericarps containing (-)-hydroxycitric acid or a lactone form thereof, or a salt thereof.

20. The food composition of claim 8, wherein the active ingredient originates from an extract of garcinia pericarps containing (-)-hydroxycitric acid or a lactone form thereof, or a salt thereof.

21. The food composition according to claim 19 or 20, wherein the garcinia is Garcinia cambogia, Garcinia indica or Garcinia atroviridis.

22. The food composition according to claim 18, wherein the water-soluble salt of (-)-hydroxycitric acid is the sodium salt or the potassium salt.

23. The food composition of any one of claims 17-22 wherein the food is a confection, a drink, a sport food, a sport drink, a health food, a seasoning, a food ingredient, a noodle, a bakery food, a cereal food or a retort food. --